



Ocean County Mental Health Guide



Need Support Now?

Psychiatric Emergency Screen Services (PESS)

600 River Ave. Lakewood
732-886-4474
www.barnabashealth.org

Ocean CREST

Toms River | Manahawkin
732-240-3760
www.OceanMHS.org

PerformCare

(Children's Behavioral Health Services)
877-652-7624
www.performcarenj.org

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. **Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.**

Outpatient Counseling & Psychiatry Services

Ocean Mental Health Services

www.OceanMHS.org
Bayville | Brick | Manahawkin | Toms River
732-575-1111

Preferred Behavioral Health Group

www.preferredbehavioral.org
700 Airport Rd, Lakewood
732-367-4700

St. Francis Counseling Service

www.stfranciscenterlbi.org
4700 Long Beach Blvd, Brant Beach
609-494-1554

Self Help Centers & Consumer-Led Programs

Brighter Days Self-Help Center

268 Bennetts Mills Rd, Jackson
732-534-9960

Journey to Wellness Program

25 South Shore Dr, Toms River
732-914-1546

Coalition of Mental Health Consumer Orgs

408 Sussex St, Paterson
973-778-8810

Family Support/Advocacy Groups

National Alliance on Mental Illness (NAMI)

www.naminj.org
732-244-4401

Ocean Co Family Support Organization (FSO)

www.oceanfso.org
732-569-6334

Mental Health Problems Are Common in 2017:



- 46.6 Million** Adults had Mental Illness
- 17.3 Million** Adults had a Major Depressive Episode
- 3.2 Million** Youth (age 12-17) had a Major Depressive Episode



7%-12% of youth (age 12-17) had a serious emotional disturbance (SED) such as major depression, debilitating anxiety, or disruptive disorders

SED refers to children who have a diagnosable mental, behavioral, or emotional disorder that results in functional impairment which substantially interferes with or limits the child's role or functioning in family, school, or community activities.

ONE IN 25

Americans lived with a serious mental illness (SMI) such as schizophrenia, bipolar disorder, debilitating anxiety, or major depression

SMI affects individuals 18 or older who have a diagnosable mental, behavioral, or emotional disorder that resulted in functional impairment which substantially interferes with or limits functioning in family, employment, or community activities.

The stigma associated with mental illness creates barriers to wellness. *Because of the stigma of mental illness people do not seek out treatment early, or sometimes ever.* The damage this causes may affect their mental illness, their physical health, their family, friends, coworkers and community.

Mental Health Hotlines

NJ Suicide Prevention Hopeline	855-654-6735
National Suicide Prevention	800-273-TALK
NJ Mental Health Cares	866-202-HELP
2nd Floor Youth Helpline	888-222-2228
Postpartum Depression Hotline	800-328-3838
Cop2Cop	866-COP-2-COP
NJ Vet 2 Vet	866-838-7654
St. Francis Sexual Assault Hotline	609-494-1090
NJ Domestic Violence Hotline	800-572-SAFE

For More Information or Help Finding Appropriate Treatment...

CONTACT of Ocean County
732-240-6100

Ocean Resource Net
www.oceanresourcenet.org

NJ211.org, or dial 2-1-1

NJ Self-Help Group Clearing House
800-367-6274
www.NJGroups.org

MHScreening.org

Substance Use Hotlines

MHA NJ Peer Recovery Line	877-292-5588
MHA NJ Connect For Recovery	855-652-3737
NJ Addiction Services Hotline	844-276-2777
Hope Sheds Light	855-350-2790
Reach NJ reachnj.gov	844-REACH-NJ